

#### ABSTRACT OF THE DISCLOSURE

A catheter set and method of use is provided. The set includes an insert, which fills the majority of the inside annular space within the catheter. Only a small space is left between the catheter and the insert, which is filled with a heparinized saline. The 5 insert and saline prevent fibrin, proteins and other material from collecting inside the catheter, which is especially helpful in the Stepwise Moncrief and Popovich ("SMAP") catheter insertion, where the catheter is left inside the patient for one to six months before PD therapy begins.